



**Home Journal**

**November 30, 2018**

Hello, Everyone.....

I have good news, we were able to accommodate all the guests who were invited to the annual dinner scheduled next Thursday. As a reminder, cocktails and hors d'oeuvres will begin at 4:30p.m. and dinner will be served at 5:30p.m.

Please consider joining us as we decorate the common areas of the congregate building for the holiday season on Monday the 3<sup>rd</sup> at 10:00a.m.

You will notice that several orange construction cones have been placed strategically throughout the congregate building parking lot. They are located at parking spaces that we would like to keep clear, making it easier to access the nearby sidewalks with snow removal equipment.

When we are aware of pending snowfall, we will be requesting that vehicles be moved to a specific parking area. Having an area free of obstructions should make clean-up more efficient and effective. Once that lot is cleaned, vehicles will then be moved to the clean parking area, so that the remaining lot can be cleared in the same fashion. We are hoping this will eliminate the need for continuous cleaning-up after each storm while creating safer parking lots for all of us.

I encourage you to take a close look at the December activity calendar as there are many performances scheduled throughout the month. Thank you, Vicki, for securing these terrific opportunities for us to enjoy the holiday season!

~ Kevin

**Shelley is on call  
December 3rd**

Our Lake Forest Website  
[www.onlakeforest.org](http://www.onlakeforest.org)

[www.facebook.com/LakeForestSeniorCommunity](https://www.facebook.com/LakeForestSeniorCommunity)

## Activities: Week of December 3– December 9, 2018

### Monday, December 3

10am Decorate for the season  
11am Exercise  
12pm Soup, salad & latkes  
1pm Pool  
1pm Pinochle  
2pm Coloring Therapy with Janet  
2:30pm Scrabble with Louise

### Tuesday, December 4

10am-11am Pine Harbour for fraud presentation  
10am Aldis/Hannaford  
11:30am Tai Chi  
2pm Bingo

### Wednesday, December 5

10am Nurse Janet  
10:30am Communion with Sister Jackie (library)  
11am Exercise  
12pm Soup & Salad  
1pm Penny Poker

### Thursday, December 6

9:30am Shuffleboard  
1pm Mah Jongg  
3:30pm Wii Bowling  
4:30pm-5:30pm Cocktail Hour with Steve Collier  
& Neil Wright performing  
5:30pm Our Annual Dinner

### Friday, December 7

10am Yando's  
11am Exercise  
11:30am Guys Lunch @ Hobies  
12pm Pizza & Wings  
1pm Bridge for 8  
2pm Trivia

### Saturday, December 8

11am Scrabble  
4:30pm PSU Acapella ensemble for caroling  
6:45pm Movie Night– Arsenic and Old Lace

### Sunday, December 9

11:30am Worship Service  
12:30pm Brunch  
3:00pm Australian Wine tasting with Vladimir

### December Birthdays

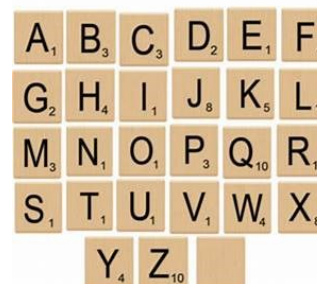
14– Elinor H.      15– John G.  
16– Carrie H.      21– Jane W.  
23– Nicole S.      24– Charles D.  
23– Harriet J.      25– Karoline S.  
30– Bob K.



*Note: Annual Dinner  
guest tickets are \$22*



**Wicked Widow is missing from  
our rotating book collection. If  
you have it, please return it to  
the book shelf ASAP. Thank you!**



**SCRABBLE WITH  
LOUISE PATINELLI**

**Louise will be meeting on  
Monday the 3rd at 2:30pm to  
play scrabble, for anyone  
interested to join her.**



## Our Lake Forest Residents' News, Comments, Etc...

**REMINDER:** The deadline for donating to the Christmas Gift Fund for the employees of Lake Forest is at noon, this coming Wednesday, December 5th.

A specially-marked box for donations is in Janet's office. You may leave cash or a check in the box.

If a check, please make it out to "Lake Forest Resident Council," and in the memo section, write Gift Fund or Xmas Fund.

If cash—it can be sealed in an envelope if you wish, then drop it in the box.

If needed, Lisa G. has an explanation of the fund in the Resident Council notes included in the October 26th "Home Journal" newsletter, and Ron T. elaborated further in the November 9th one.

Thanks!

**UPDATE**

Here is an update on a resident who moved from here and has just settled elsewhere. Several months ago, Bea C. moved to Long Island to live with her brother and his family. That must not have worked, as recently she flew to Oregon with her brothers to her daughter Cheryl's. She will not be living at her daughter's home, but is residing in Lakeview Senior Living, in a place similar to here at Lake Forest. Her daughter lives very close by and will be able to see her often. If you would like to have Bea's address, please let me know and I can give it to you. She would be happy to hear from friends.

- Mary Lue



**On Tuesday, December 4th there is a presentation about Fraud Awareness at Pine Harbour. We are providing transportation from Lake Forest at 9:30am to anyone interested in going, and will pick everyone up at 11am. There is a sign up sheet on the activity board for those interested. Thank you!**



**On Saturday, December 1st, Field of Dreams will be featured for movie night. For those who haven't seen it, here's a synopsis:**

**“If you build it, he will come”. With these words, Iowa farmer Ray Kinsella ( Kevin Costner) is inspired by a voice he can't ignore to pursue a dream he can hardly believe.**

Kevin made a delicious hot chocolate for our hot chocolate social on Monday. We sat by the fire and enjoyed it. It was a wonderful way to enjoy each other's company on a chilly winter afternoon.



**Due to the storm on Tuesday, Rich Frost will be rescheduled for January, He will be presenting an overview of the Plattsburgh Military Reservation.**



**For your safety during the winter months, please remember to keep the front end of your car off of the sidewalk. This will allow for us to keep the sidewalks clean in a timely manner, with less ice buildup. Also, please watch out for ice when there is a light dusting of snow.**

**If you would like snow removal for your car, please know there is a \$20 fee for this service and you must sign a waiver with the office first. Thank you!**

~ Maintenance



# Menu Details



## New Menu Items

**Cashew Cabbage** – Curried cabbage fried with butter and toasted cashews.

**Stuffed Mushrooms** – Stuffed with Italian sausage, onions and bread crumbs.

**Quiche Loraine** - Savory custard flavored with bacon and Swiss cheese.

**Reuben Sandwich w/Chips & Pickles** – Corned beef, sauerkraut, Swiss cheese on rye bread.

**Pork Schnitzel** – Pounded pork filet, simple seasoning, coated w/fresh bread crumbs and pan fried.

**Risotto** – A northern Italian rice dish cooked in a broth to a creamy consistency.

**Stuffed Acorn Squash** – Stuffed with apple, cranberry, andouille sausage and ancient grains.

**Millionaire's Shortbread** – Chocolate Caramel Shortbread Bars

On Monday, December 3rd there will be latkes served with the soup and salad. Latkes are potato pancakes that are perhaps best known as traditional Hanukkah food. Made with potatoes, corn, onion and matzah or breadcrumbs, these crispy treats symbolize the miracle of Hanukkah because they are fried in oil.

According to the Hanukkah story, when the Jewish Temple was seized by the Syrian-Greeks in 168 B.B., it was defiled by being dedicated to the worship of Zeus. Eventually, the Jews revolted and regained control of the Temple. In order to rededicate it to God they had to light the Temple's menorah for eight days, but to their dismay they discovered that only one day's worth of oil remained in the Temple. Nevertheless, they lit the menorah and to their surprise that small portion of holy oil lasted eight full days. In commemoration of this miracle, every year Jews light Hanukkah menorahs (called hanukkiyot) and eat fried food such as sufganiyot (jelly donuts) and latkes. The Hebrew word for latkes is levivot, which is what these tasty treats are called in Israel.



Week of December 10, 2018

Turn into Kitchen by Wednesday, December 5

Name: \_\_\_\_\_ Circle the Main Meal and the Sides You Like

**Monday – December 10 (5:30PM)**

Greek Salad

V8 Juice

Pork Schnitzel

OR

Quiche Loraine

Mashed Potatoes

Carrots

White Russian Bundt Cake

Dinner Roll

Broccoli

OR Fruit

**Tuesday – December 11 (5:30PM)**

Vegetable Bruschetta

V8 Juice

Chicken Cacciatore

OR

Eggplant Parmigian

Risotto

Cashew Cabbage

Applesauce Cake OR SF Chocolate Pudding

Garlic Bread

Spinach

**Wednesday – December 12 (5:30PM)**

Turkey Rice Soup

V8 Juice

Bourbon Glazed Ham

OR

Steak Quesadilla

Sweet Potato

Peas

Millionaire's Shortbread OR Orange Sherbet

Fresh Baked Bread

**Thursday – December 13 (5:30PM)**

Curried Carrot Soup

V8 Juice

Beef Goulash

OR

Stuffed Acorn Squash

Cauliflower

Green Beans

Peanut Butter Pie OR SF Fruited Strawberry Jell-O

Wheat Bread

**Friday – December 14 (5:30PM)**

Stuffed Mushrooms

V8 Juice

Reuben Sandwich w/Chips & Pickles

OR

Crusted Baked Tilapia

Black Bean Salad

Sunflower Bread

Roasted Beets Snow Peas

Ice Cream OR SF Gingerbread

**Saturday – December 15 (5:30PM)**

Vegetable Soup

V8 Juice

Chicken Pot Pie

OR

Chef Salad

Mashed Potatoes

Corn

Key Lime Pie OR Grapes

Roasted Zucchini

**Sunday – December 16 (12:30PM – Brunch)**

Vegetable Salad

V8 Juice

Bacon

Scrambled Eggs

Breakfast Casserole

Beef Pot Roast w/Gravy

Roasted Potatoes

Muffins

Pound Cake

Fruit Salad

Snack in a bag

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